



Intro to Weight Training

\$35/YMCA Member

\$55/Potential Member

Designed for participants who are ready to start lifting, but want to be safe and informed, this class is a great start. Join Head Personal Trainer and Fitness Coordinator, Gretchen DeGross for simple explanations and a guide to weight training. Participants will be guided through muscle groups, explaining exercises and importance of safety when lifting. Space is limited to six (8) participants per session.



Ages: 12-15

Monday and Wednesday 6:30-7:30 PM

[Click here for info about the adult class](#)



PROGRAM REGISTRATION FORM

For more information contact, Program Director, Chad Walsh at
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